



Charity No. 1090701

# Friend In Need Community Centre

East Barnet Baptist Church  
Crescent Road, Barnet EN4 8PS  
Tel : 020 8449 8225

Email : [fin@fin-eastbarnet.org.uk](mailto:fin@fin-eastbarnet.org.uk)

## May 2019 ACTIVITY BULLETIN

### MEET FOR TEA

Monday, Wednesday & Thursday

10.00 to 11.30

Tuesday & Saturday

10.00 to 11.00

Come join us for a nice cup of tea (or coffee) and biscuits. Meet up with our friendly staff and volunteers at a welcoming and warm social space.

**No booking required**

**Just drop-in**

**Cost : £2**



### SEATED EXERCISE

Monday, Wednesday & Thursday

11.30 to 12.30

Tuesday

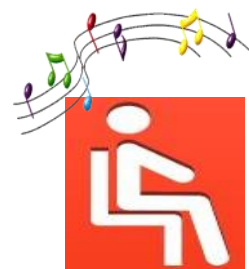
11.00 to 12.00

Classes are run by qualified instructors who are fully insured. Movements designed to work, stretch and strengthen muscles and improve flexibility.

**No booking required**

**Just drop-in**

**Cost : £5**



### Songs of Praise

Thursdays

09 May and 23 May

10.00 - 11.00

Special singing sessions lead by volunteers of East Barnet Baptist Church. Everyone is welcome to join in, enjoy the music and meet others.

**No booking required**

**Just drop-in**

**Cost : Free**



### Day Member Service

(Dementia Friendly)

Monday, Tuesday, Wednesday,

Thursday & Saturday

**Full Day (Cost £25)**

10.00 to 15.30

**Half Day (Cost £16)**

10.00 to 13.00 OR 12.30 - 15.30

Our Day Member Service is designed to cater for people who are able to participate in activities independently. People who have personal care needs are welcome with their carers. The service also aims to give family /carers regular breaks. Members have access to Seated Exercise, a two course lunch and Afternoon Activity on the day they attend. Transport may be available. Assessment and booking required. Please call 020 8449 8225 and speak to our staff for more information.

## Afternoon Activities with Refreshments

Monday, Tuesday, Wednesday, Thursday, Saturday

14.00 - 15.30 (Cost £5, Drop-In, No Booking Required)

(Unless stated exclusive for regular members only)

Wed	01-May	Interactive Time - Board Games
Thu	02-May	Intergenerational Project - Performance from "Glee Club" of Dangrove Primary School
Sat	04-May	Musical Fun - Singing Workshop with Chloe
Mon	06-May	Closed - Bank Holiday
Tue	07-May	Outing - Phoenix Cinememories "That's Entertainment" (Exclusively for Tuesday's regular members only)
Wed	08-May	Interactive Time - Bingo
Thu	09-May	Musical Fun - Sing Along
Sat	11-May	Art & Craft with Louise
Mon	13-May	Outing - Lunch (Venue to be confirmed, exclusively for Monday's regular members only)
Tue	14-May	Live entertainment with Helen (Singer & Harpist)
Wed	15-May	Interactive Time - Bingo
Thu	16-May	Musical Fun - Sing Along
Sat	18-May	Musical Fun with Don (Keyboard)
Mon	20-May	Cinema Club "The Awful Truth" starring Irene Dunne & Cary Grant
Tue	21-May	Interactive Time - Bingo
Wed	22-May	Live entertainment with Claudio (Accordion player)
Thu	23-May	Interactive Time - Bingo
Sat	25-May	Art & Craft
Mon	27-May	Closed - Bank Holiday
Tue	28-May	Outing - Tea Party at UK Dementia Club (New Barnet) (Exclusively for Tuesday's regular members only)
Wed	29-May	Musical Fun - Sing Along
Thu	30-May	Live entertainment with Jeff (Singer)